

July 2019

Anne Gordon Center for Active Adults 919-996-4720
1901 Spring Forest Rd Raleigh NC 27615



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30-4:00 SHIP <i>by appt only</i> *</p> <p>10:00-11:30 Com basic 1 \$</p> <p>1:30-2:30 Noggin Joggin *</p>	<p>2</p> <p>9:00am-11:30a Art:: Still life and Landscape \$</p>	<p>3</p> <p>10:00-11:30 Cut the Cord \$</p> <p>2:00-4:00 Siri \$</p> <p>2:00-4:30 Wed Movie *</p> <p>Gloria Bell –R</p>	<p>4</p> <p>Closed</p> <p>July 4</p> <p>Independence Day</p> <p>Holiday</p>	<p>5</p>
<p>8</p> <p>9:30-4:00 SHIP <i>by appt only</i> *</p> <p>10:00-11:30 Comp Basics 1 \$</p>	<p>9</p> <p>9:00am-11:30a Art:: Still life and Landscape \$</p>	<p>10</p> <p>10:00-11:30 Cut the Cord \$</p> <p>2:00-4:30 Wed Movie *</p> <p>The Mule – R</p>	<p>11</p> <p>11:00-12:00 Beneficiary Designations *</p>	<p>12</p> <p>1:00-4:00 SHIP <i>by appt only</i> *</p>
<p>15</p> <p>9:30-4:00 SHIP <i>by appt only</i> *</p> <p>1:30-2:30 Noggin Joggin *</p>	<p>16</p> <p>9:00am-11:30a Art:: Still life and Landscape \$</p>	<p>17</p> <p>2:00-4:30 Wed Movie *</p> <p>Fighting with my Family – PG-13</p>	<p>18</p>	<p>19</p>
<p>22</p> <p>9:30-4:00 SHIP <i>by appt only</i> *</p> <p>10:00-11:30 Comp Basics 2 \$</p> <p>1:00-3:00 Read & Go Discuss <i>The Secret, Book & Scone Society</i> *</p>	<p>23</p>	<p>24</p> <p>10:00-12:00 E Coupons \$</p> <p>2:00-3:30 Google Photos \$</p> <p>2:00-4:30 Wed Movie *</p> <p>The Professor and the Madman– PG-13</p>	<p>25</p> <p>11:30-1:30 The Single Life *</p>	<p>26</p>
<p>29</p> <p>10:00-11:30 Comp Basics 2 \$</p> <p>1:00-2:00 Resources for seniors *</p>	<p>30</p>	<p>31</p> <p>10:00-12:00 App Taxi and food delivery \$</p> <p>2:00-3:30 Google Photos \$</p> <p>2:00-4:30 Wed Movie *</p> <p>Hotel Mumbai– R</p>		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Meeting \$ Cards Only	9:15-10:00 AIM Fitness \$	9:00-12:00 Men's Friday Morning *
10:30-11:30 Gentle Yoga \$	10:15-11:00 AIM Fitness Intermediate \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:15-10:00 Zumba Gold \$
11:45-12:45 Dance Xross Fitness \$	10:30-11:15 Qi Gong \$	2:00-4:30 Wednesday Matinee*	10:15-11:00 AIM Fitness Intermediate \$	9:30-12:00 Bingo \$
1:00 -1:45 T'ai Chi Chair Beginners \$	11:15-12:00 Mindful Medi. \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	10:30-11:15 Qi Gong \$
1:00-4:00 Quilting Interm. \$	11:30-12:30 Shibashi \$		11:30-12:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
2:00-2:45 Tai Chi Intermediate \$	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	12:30-4:00 Open Play Cards and Mah Jongg *
3:00-3:45 Tai Chi Adv. \$	12:30-3:00 Open Play Cards and Mah Jongg*		1:30-2:15 Tai Chi Beginners \$	1:00-2:00 Line Dance Beginner/Improver *
4:00-5:30 Line Dance Open Studio -Begginer*	12:45-1:30 AIM Chair \$		2:00-4:00 Knitting and Cro- cheting \$	2:15 - 3:15 Line Dance Introduction *
	2:00-2:45 Ageless Grace \$		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	3:30-4:30 Restore Yoga \$
	2:00-4:00 Knitting and Cro- cheting \$ (not July 2)		3:30-4:30 Gentle Yoga \$	
	3:00-3:45 AIM Fitness \$		4:00-5:30 Line Dance Open Studio- Adv. Beginner* (not July 18)	
	4:00-5:30 Line Dance Open Studio- Adv. Beginner*			

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.